

BE HUMANE TO PROTECT HUMAN RIGHTS

Dr Sai Madhavi D
Associate Professor
CSE DEPT
RYM Engg College
Ballari

Abstract

Our Indian democracy has set some fundamental rights which are defined as basic human rights of all citizens and applied by our constitution irrespective of caste, creed, religion, place of birth, race or gender to uphold peace and harmony in the country. It is also a basic right of each individual for "Right to life" in other words to get pure food, water and air which do not harm human being. But looking at today's food adulteration status of our country, we are unknowing falling prey to adulteration. Few among us with greed have lost/forgotten human values and have put hundreds and thousands of people's health and life in trouble/risk. Though our constitution has set some article numbers to punish, for all those who violate rules and regulations. Still it is not easy task. Each one of us has to take responsibility to tackle this issue so as to provide a safe place for us and our next generations to live on.

"Food Adulteration is a serious issue and more dangerous than terrorism and persons involved are worse than terrorists"

Keywords: Humane, human rights, right of life, food adulteration.

INTRODUCTION

Today public/consumers are quite confused with markets literally overflowing with a stream of products. what to choose, how to shop, what can be relied, is it worth their amount and above all does it have quality. So many questions with no proper guidelines, in this haz-paz busy life-style, lack of time to make proper decisions, with tempting and misleading advertisements making them fall prey to adulteration. We can't deny the fact that, effective buying of products requires focused knowledge on content of goods, their resources and their use.

Today's one of the burning issues is food adulteration." Food adulteration is the act of intentionally debasing the quality of food offered for sale either by the ad mixture or substitution of inferior substance or by the removal of some valuable ingredient. "We have law enforced for prevention of food adulteration ACT 1954. Bill was passed by both house of parliament and received the assent of the president on 29th September 1954. This came into force from 1st June 1955 as prevention of food adulteration. The rules framed were revised and amended in later years in order to protect Citizens of India from adulteration. We also have Food safety standards authority of India (FSSAI) a food regulatory body which keeps a check on food adulteration, it collects samples from various states, various vendors and certifies the purity of products sold. It checks/identifies product sold by vendor is as expected by purchaser in terms of nature/substance/quality. It checks if it is substituted with cheaper alternate substance or does it contain excessive number of additives. FSSAI aims at organized and packed Industry sector who are registered, but in reality we find maximum unregistered small vendors placed themselves in unorganized market place, petty shops, mobile carts, no single point from whom they purchase nor to whom they sell, Its really difficult to identify and also practically impossible to track and trace the actual culprit.

Therefore, Supreme Court emphasizes any food article which is dangerous and forms the main cause for imbalance of health factor, is also a potential danger, to the fundamental right "Right to life" is guaranteed under article 21 of the constitution of India.

FORMS OF ADULTRATION

1. External Adulteration:

Adulteration is a process of adding unwanted substances to the food or food products, it is observed that some toxic chemicals are added externally which are hazardous to health. This practice is usually seen in fruits and vegetables. Actually, fruit ripening should be a natural phenomenon but to meet up with market demand and growing population, the process has been hastened using the chemical, carcinogenic calcium carbide emitting ethylene known to cause cancer. Fruits are coated with wax to preserve the appearance or also coated with DPA Diphenylamine to preserve moisture before the fruits can travel long distances to reach you. Fruits are sprayed with pesticides for protection as well as to yield good harvest. With Vegetables to maintain their colour and texture they are often coloured with dyes like malachite green and substances. Eating such fruits and vegetables not only creates health issues but dangerous to life too. The Cereals are externally added with sand, marble chips, stones, mud and chalk powder. Whereas wheat is adulterated with ergot a fungus containing poisonous substance, which is injurious to health and Dal with metanil yellow which causes adult brain with neurotoxicity. Milk is yet another commodity which is largely consumed and commonly adulterated with water, detergent, fat, chalk, caustic soda forming the main cause for stomach disorders.

2. Internal Adulteration:

During farming, crops are treated with chemical Pesticides which are mixed into the drip irrigation, which is absorbed by the plants/trees in turn the harvest comes with a mix of pesticide. Consuming such outcome, leads us to health hazards and side effects due to indirect pesticide consumption. Another way adulteration is done internally is during the preparation of items like sweets, instead of actual ingredients, major quantity of unwanted/alternate cheap substance is mixed and prepared, with sweeteners and dyes added, the end product looks unidentified with adulteration. Usually Sweets are adulterated with paper, starch refined oil, animal fatter dye and silver vark containing aluminium. Sometimes small amounts of non-authenticated substance are added before packing, sometimes valuable constituent is removed without purchaser's knowledge. Sometimes complete or partial substance is replaced with some other less expensive substance, which cannot be identified.

3. Online food Adulteration:

Online food order is another area where there is full scope for food adulteration happening. Food ordered from and delivered from, may not match, goes unnoticed with simple tricks of packaging, sometimes quantity of food is reduced/removed before it is delivered.

4. Adulteration using dead animals:

The waste from dead animals/dead animals are taken and processed for creating oils, which is either mixed with refined/palm oils or sold out at a cheaper rate to small vendors, who have no idea of its contents, but satisfied with price tags they purchase it and sell/use it, without the knowledge of its origin and from there it goes into preparation of sweets, baked items, food preparation, which is once again a reason for health issues. This is purely cheating the public and also playing with the sentiments of vegans.

5. Adulteration by injecting chemicals/steroids:

Unethical adulteration by giving injections with some sort of chemical to vegetables causing overnight growth of vegetable in terms of size and quantity, which has no defect in appearance, impossible to be identified by consumer but, which when consumed leads to unidentified health problems. Similar sort of procedure is adopted with animals like cows, which when injected to cows improve/increase the production of milk, which not only imbalances the cows health at the same time causes adverse effects on immune system of persons consuming it. Since children are the major consumer of milk they fall prey to this adulteration unknowingly. It's also adopted in poultry farms for quick growth of chick size. Some fruits are injected with chemical dyes and artificial sweeteners to attract and cheat costumers with artificial look and taste.

This sort of adulteration is highly impossible to identify, making consumers victims to slow poisoning.

6. Some more Ways of causing Adulteration:

- Usage of MSG mono sodium glutamate, also known as ajinomoto is a notorious taste enhancer it triggers the umami receptors of your taste buds and hence used in excess in road side foods preparations, chats causing lot of health hazards.
- Adding additives that are banned.
- Using preservatives more than permitted level.
- Change the expiration date or date of production on food products /medicines and selling useless product causing health hazards or sometimes being reason for death.
- Refilling/packaging damaged material to consumer.
- Fraud by reducing real weights and sizes of food products.
- By faking the consumer by changing the country of origin /producer, for selling products.
- Replacing primary material used in food processing with cheap alternate material.

MEASURES TO AVOID ADULTERATION

Every individual should feel more responsible/sensible when buying/eating outside. We should also know some tips/tests which can help us to identify adulteration. We should not blindly rush to purchase products with offers/low prices, especially with food /food products.

- Buy food with FSSAI validation, proper certification & licence number.
- Check for scope of rodents and insects to intrude into food adding filth in form of excreta.
- Check for pesticide residues.
- As far as possible drink /carry water from home which is properly purified / well boiled.
- Check quality, quantity, hygenuity of door delivery food.
- To maintain good food habits.
- Take time to prepare at home.
- Buy organic food products where ever possible.
- Where ever possible reduce packed food, to avoid consumption of small amounts preservatives used.
- Wash fruits in salt water and vegetables in backing soda for 10-15 minutes before using.
- Tip to remove pesticide from vegetables which are coated externally and treated internally with pesticide is to cook them with lid open as pesticide moves upward when heated.
- Purchase directly from farms where ever possible.

- eBook released by **FSSAI-DART** (Detect adulteration with rapid test) might be a solution to find and avoid adulteration.

AWARENESS OF HEALTHIER CHOICES TO AVOID ADULTERATION

We should shop carefully by reading the ingredients of the packed food products, check the nutritional values, calories, permitted synthetic food colours, additives used in the product and in what quantity they are present and, what quantity is not harmful for us, check if product includes banned additives before buying. Also keep a continuous track of routine food habits and keep observing their impact on individual health. Which in turn gives us knowledge on healthier food habits and choices. We need to know that:

- Artificial sweeteners do more harm than natural sugars.
- Oil used for frying, if reused is very harmful to health.
- Food colouring when exceeds its limit of usage is harmful to health.
- Food additives are used to enhance/retain quality attribute of food, to control spoilage, increase shelf life of processed food, colour and flavour.
- Factors that matter: buying practices, knowledge on products, purchase frequency, shops to be relied on for purchases.
- Buying food from unhygienic places, cooked under unhygienic conditions causes health issues.
- Buy seasonal fruits as much as possible and avoid purchasing fruits not in season.
- Foreign fruits take many days before reaching our doorstep so think of the quality retained before you consume it, instead buy from local farmers which in turn help Indian economy.

REASONS OF CAUSING ADULTERATION

Greed to earn more money has made humans to forget basic moral values, making them to behave unethically, forgetting fundamental rights and even without a slightest hesitation of guilt they are aiming/dealing with adulteration on every day basic needs such as food, food products, medicines and water. Unless the public raises voice and government takes some initiatives, these evils cannot be curbed.

- Greed to earn more profits in less time.
- Shortage of product in affordable price.
- To increase weight of product, adulterant is added.
- When Supply of product is less than market demand.
- Encashing public's illiteracy and their lack of consciousness on food consumption.
- Lack of effective food laws.

"As long as greed is stronger than compassion, there will always be suffering "Rusty Eerie

CONCLUSION

How do we save ourselves, our next generations from adulteration, will government policies strict inspection will solve the issue. No way we need to be Humane first, change should come in each individual involved in adulteration, change should come in society, in terms of realisation of behaviour, thinking and know that it is someone else's turn today, it could also be your turn tomorrow. Every human has right to live healthy. No one has the right to snatch this right. Remember to

"Earn with pride not with greed "

" Earning Money risking some one's life is insane, be humane not insane"

REFERENCES

1. <https://www.google.com/amp/s/www.indiatoday.in/amp/education-today/gk-current-affairs/story/common-food-adulterants-in-india-1370601-2018-10-19>
2. <http://vikaspedia.in/health/health-campaigns/beware-of-adulteration/methods-for-detection-of-common-adulterants-in-food>
3. http://agritech.tnau.ac.in/org_farm/orgfarm_introduction.html